

# RLSS UK National Championships 2011

## 12th-13th March 2011 Ponds Forge

				Event					
		Female		100m Obstacle Race 12-14		Male			
Name	Place	Time		Name	Place	Time			
Nicole Ambrose	8 <sup>th</sup>	1.21.45	PB	Adam Thomas	5 <sup>th</sup>	1.16.09	PB		
Keeley Gibbins	15 <sup>th</sup>	1.25.05	PB						
Paige Thomas	34 <sup>th</sup>	1.31.61	PB						
				100m Obstacle Race 15-17					
Shannon Bissenden	13 <sup>th</sup>	1.16.64		Lewis Gibbins	7 <sup>th</sup>	1.06.96	PB		
Becky Chapman	20 <sup>th</sup>	1.18.84		Ryan Ambrose	19 <sup>th</sup>	1.12.30	PB		
Rachael Wynne	37 <sup>th</sup>	1.23.91	PB	Adam Lockyer	27 <sup>th</sup>	1.14.93			
				Matthew O'Neill	53 <sup>rd</sup>	1.25.61			
				Shaun Lockyer	54 <sup>th</sup>	1.25.62			
				200m Obstacle Race Open Male Open					
				Jake Davis	30 <sup>th</sup>	2.40.15	PB		
				Matthew Marshall	31 <sup>st</sup>	2.41.08			
				Gareth Jones	51 <sup>st</sup>	3.11.85			
				4x50m Obstacle Relay Female 12-14					
				Ellen McAllister	5 <sup>th</sup>	2.37.42			
				Keeley Gibbins					
				Nicole Ambrose					
				Paige Thomas					
				4x50m Obstacle Relay Male 15-17					
				Adam Lockyer	6 <sup>th</sup>	2.11.34			
				Lewis Gibbins					
				Matthew O'Neill					
				Ryan Ambrose					
				4x50 Obstacle Relay Open					
Jennifer Stimson	11 <sup>th</sup>	2.25.05		Adam Payne	21 <sup>st</sup>	2.09.84			
Shannon Bissenden				Jake Davis					
Becky Chapman				Matthew Marshall					
Rachael Wynne				Gareth Jones					
				50m Manikin Carry 12-14					
Nicole Ambrose	13 <sup>th</sup>	47.81	PB	Adam Thomas	3 <sup>rd</sup>	41.10	PB		
Ellen McAllister	23 <sup>rd</sup>	49.57	PB						
Keeley Gibbins	34 <sup>th</sup>	52.33	PB						
Paige Thomas	35 <sup>th</sup>	52.44	PB						
				50m Manikin Carry 15-17					
Shannon Bissenden	14 <sup>th</sup>	51.53		Lewis Gibbins	7 <sup>th</sup>	44.40	PB		
				Adam Lockyer	11 <sup>th</sup>	45.57			
				Ryan Ambrose	23 <sup>rd</sup>	50.10	PB		
				Matthew O'Neill	47 <sup>th</sup>	1.01.81			
				Event					
		Female		50m Manikin Carry Open		Male			

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Name	Place	Time			Name	Place	Time	
Jennifer Stimson	22 <sup>nd</sup>	51.48	PB		Matthew Marshall	36 <sup>th</sup>	43.12	PB
Alex Burgess	25 <sup>th</sup>	52.34	PB		Jake Davis	44 <sup>th</sup>	44.20	
					Adam Payne	52 <sup>nd</sup>	44.91	
					Gareth Jones	70 <sup>th</sup>	52.47	PB
50m Manikin Carry Masters Female 30-39								
Sam Williams	3 <sup>rd</sup>	57.52	PB					
50m Manikin Carry Masters Male 40-49								
					Ian Smith	2 <sup>nd</sup>	43.59	PB
200m Super Lifesaver Open								
Jennifer Stimson	13 <sup>th</sup>	3.15.50			Matthew Marshall	16 <sup>th</sup>	2.54.95	
10m Line Throw 12-14								
Paige Thomas	4 <sup>th</sup>	15.73						
12m Line Throw 15-17								
Shannon Bissenden	2 <sup>nd</sup>	13.44	PB		Adam Lockyer	3 <sup>rd</sup>	13.57	
					Ryan Ambrose	16 <sup>th</sup>	24.93	PB
					Reece McAllister	21 <sup>st</sup>	34.04	PB
12m Line Throw Open								
Alex Burgess	1 <sup>st</sup>	11.82	PB		Jake Davis	9 <sup>th</sup>	11.44	PB
Jennifer Stimson	4 <sup>th</sup>	13.78			Ian Smith	11 <sup>th</sup>	11.63	
					Adam Payne	24 <sup>th</sup>	18.75	
12m Line Throw Masters 30-39								
Sam Williams	1 <sup>st</sup>	14.09	PB					
4x10m Line Throw Relay Female 12-14								
Ellen McAllister	3 <sup>rd</sup>	1.28.13						
Keeley Gibbins								
Nicole Ambrose								
Paige Thomas								
4x12m Line Throw Relay 15-17								
					Adam Lockyer	1 <sup>st</sup>	1.23.67	
					Matthew O'Neill			
					Reece McAllister			
					Shaun Lockyer			
Event								
Female					4x12m Line Throw Relay Open			
Name	Place	Time			Name	Place	Time	
Alex Burgess	3 <sup>rd</sup>	1.20.94			Adam Payne	1 <sup>st</sup>	56.93	
Deborah Stimson					Jake Davis			
Jennifer Stimson					Matthew Marshall			

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Sam Williams				Ian Smith			
100m Manikin Carry With Fins 12-14							
Name	Place	Time		Name	Place	Time	
Nicole Ambrose	21 <sup>st</sup>	1.26.13	PB				
100m Manikin Carry With Fins 15-17							
				Lewis Gibbins	12 <sup>th</sup>	1.18.25	PB
				Ryan Ambrose	24 <sup>th</sup>	1.27.27	PB
100m Manikin Carry With Fins Open							
				Gareth Jones	51 <sup>st</sup>	1.28.58	PB
4x25m Manikin Carry Relay 12-14							
Ellen McAllister	3 <sup>rd</sup>	2.05.33					
Keeley Gibbins							
Nicole Ambrose							
Paige Thomas							
4x25m Manikin Carry Relay 15-17							
				Adam Lockyer	6 <sup>th</sup>	2.03.56	
				Lewis Gibbins			
				Ryan Ambrose			
				Shaun Lockyer			
4x25m Manikin Carry Relay Open							
Alex Burgess	11 <sup>th</sup>	2.10.54		Adam Payne	14 <sup>th</sup>	1.44.88	
Jennifer Stimson				Jake Davis			
Sam Williams				Matthew Marshall			
Shannon Bissenden				Ian Smith			
100m Rescue Medley 12-14							
				Adam Thomas	2 <sup>nd</sup>	1.24.51	PB
100m Rescue Medley 15-17							
Shannon Bissenden	9 <sup>th</sup>	1.45.37	PB	Ryan Ambrose	15 <sup>th</sup>	1.41.79	PB
Event							
Female				Male			
100m Manikin Tow With Fins 15-17							
Name	Place	Time		Name	Place	Time	
Shannon Bissenden	29 <sup>th</sup>	1.26.39	PB	Ryan Ambrose	13 <sup>th</sup>	1.14.53	PB
Becky Chapman	37 <sup>th</sup>	1.29.36	PB	Adam Lockyer	18 <sup>th</sup>	1.16.90	PB
Rachael Wynne	39 <sup>th</sup>	1.30.89	PB	Reece McAllister	19 <sup>th</sup>	1.16.95	PB
				Matthew O'Neill	29 <sup>th</sup>	1.31.98	
				Shaun Lockyer	30 <sup>th</sup>	1.33.02	PB
Female				Male			
Event							

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100m Manikin Tow With Fins Open							
Jennifer Stimson	15 <sup>th</sup>	1.17.25	PB		Adam Payne	54 <sup>th</sup>	1.11.79 PB
Alex Burgess	21 <sup>st</sup>	1.20.45	PB		Jake Davis	55 <sup>th</sup>	1.11.98 PB
4x50m Medley Relay 12-14							
Name	Place	Time			Name	Place	Time
Ellen McAllister	4 <sup>th</sup>	2.28.00					
Keeley Gibbins							
Nicole Ambrose							
Paige Thomas							
4x50m Medley Relay 15-17							
					Adam Lockyer	6 <sup>th</sup>	2.09.45
					Lewis Gibbins		
					Matthew O'Neill		
					Reece McAllister		
4x50m Medley Relay Open							
Alex Burgess	9 <sup>th</sup>	2.18.15			Adam Payne	18 <sup>th</sup>	1.59.28
Jennifer Stimson					Lewis Gibbins		
Sam Williams					Gareth Jones		
Shannon Bissenden					Jake Davis		